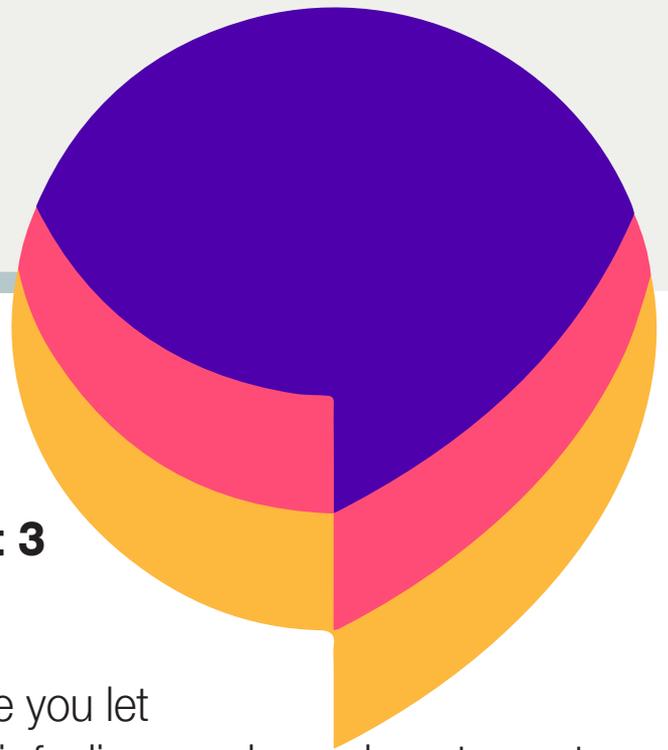


# Sunday evening plan

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**Soothe** – do some calming activities and make the last things at night soothing – gentle music, story for younger ones, soft lighting, **talk about 3 good things before bed.**

**Understand** – make sure you let them know that you do understand their feelings and you do not negate or dismiss them - you understand how hard it is but it will get better in time! **Develop your script for this if appropriate.**

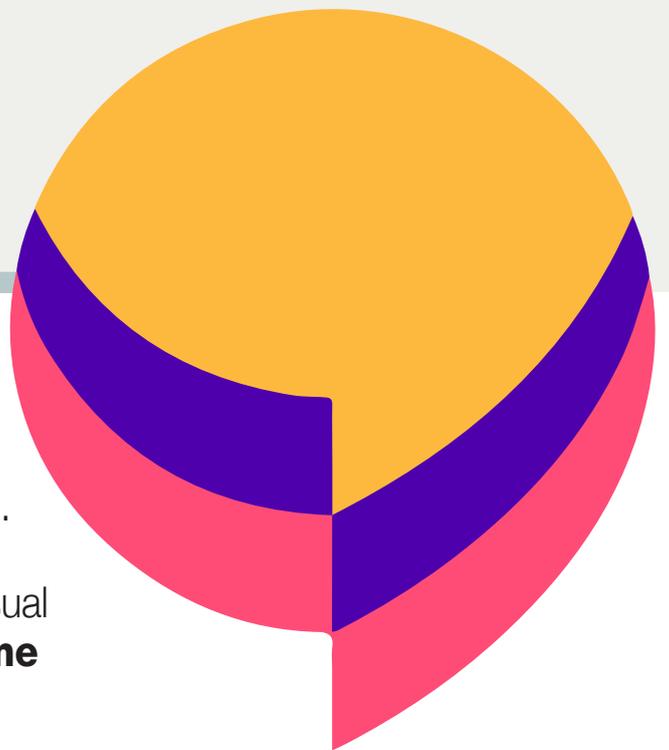
**Neutralise** – record any worries in a worry book and then talk through each one helping the child to see a solution/where they are catastrophising and **show them the evidence against any irrational thoughts/thinking patterns.**

**Decide** – on a plan of action and go through it step by step – this is what we will do tomorrow. Work out the schedule and ensure that everything is ready – book, bag, PE kit *etc* and laid out for the next morning. **Make the plan visual if needed.**

**Attend** – be vigilant to the child's emotional state and give more time if they need it so that they feel nurtured and safe. **Give reassurance and a transitional object for younger children.**

**Yourself** – look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and take time out after the bedtime routine for you to build up your own resources and **remember that it is ok to feel worried but don't let it overwhelm you.**

# Monday morning plan



**Manage** – manage yourself **FIRST!** This is not selfish. This is not selfish. You cannot support a child or young person who is unregulated and stressed if you are too. Take time to sort your own needs and then manage your emotional state by using your usual stress management tools e.g. **grounding/time alone/Mindfulness etc.**

**Organise** – get everything ready (*by getting up earlier*) so the bags are in the hallway, the breakfast is set up and you own things for work/whatever you need are all organised. **This means that you can attend to the child and do so in a regulated manner.**

**Neutralise** – spend some time with your child talking through any worries and again **helping them to see a solution/where they are catastrophising** and show them the evidence against any **irrational thoughts/thinking patterns.**

**Decide** – this is the plan – make it clear to them that you have a plan to get to school, how you will get here, what music you might listen to **in the car/stories you might tell to each other on the bus/as you walk/who else might be with you etc** so that it all becomes clear and they feel prepared for each step.

**Accept** – accept the child's emotional state and give them reassurance that you love and care for them so that they feel nurtured and safe. Give reassurance and a transitional object for younger children. **It is okay to feel anxious, but we all need to manage it and I will help you. I am with you and will stay with you while you need me.**

**Yourself - again** look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and remember that it is ok to feel worried but don't let it overwhelm you. **keep using the script – if I stay calm, I will make him/her feel safe.**